

RESOURCES

Moderator: Nadine Butts, Legacy High Asst. Principal, 323-4850, #6252, Nadine_butts@bismarckschools.org

VAPING: presented by Jordyn Schaeftbauer, Tobacco Prevention Specialist, Bismarck-Burleigh Public Health, 701-355-1594, jschaeftbauer@bismarcknd.gov.

- **Know the Risks: E-Cigarettes & Young People**
<https://e-cigarettes.surgeongeneral.gov/>
- **How to Talk to your Kids About Vaping**
<https://publichealthinsider.com/2018/08/14/tips-from-teachers-how-to-talk-to-your-kids-about-vaping/>
- **Chemicals Found in Vaping Products**
<https://publichealthinsider.com/2017/06/14/meet-the-5-chemicals-you-didnt-know-were-in-vaping-products/>
- **JUUL E-Cigarette Info Graphic**
https://www.tobaccofreekids.org/assets/content/what_we_do/industry_watch/e-cigarettes/2018_04_juul_infographic.pdf
- **Article on Youth Perceptions of JUUL**
<https://truthinitiative.org/news/juul-e-cigarettes-gain-popularity-among-youth>
- **Article on Teen JUUL use**
<https://truthinitiative.org/news/teens-are-16-times-more-likely-use-juul-than-older-age-groups>.

DRUGS: presented by Josh Brown, School Resource Officer, Bismarck PD, josh_brown@bismarckschools.org.

Questions or concerns: call 701-223-1212 and ask for the Police Youth Bureau.

- **Marijuana story on National Public Radio on Oct. 30:** <https://www.npr.org/sections/health-shots/2018/10/30/662127406/when-adolescents-give-up-pot-their-cognition-quickly-improves>

SUICIDE: presented by Alison Traynor, Suicide Prevention Program Director, ND Department of Health, 701-328-4580, atraynor@nd.gov. National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

- This Youth Vaping, Drug Trends & Suicide presentation (after Nov. 15, 2018) and last year's Sexting and Anti-Bullying presentations can be found at www.bismarckschools.org under Quick Links.
- CBS News Sept. 2018 story about a teen who appeared to have "everything" who died by suicide: <https://www.cbsnews.com/video/parents-blindsided-by-daughters-suicide-hope-her-story-helps-others/>

How to ask someone about possible suicidal intentions:

1. *Hey, we haven't talked in a while. How are you?*
2. *Are you OK? You don't seem like yourself today.*
3. *You seem frustrated today. I'm here for you.*
4. *Seems like something's up. Do you want to talk about what's going on?*
5. *I'm worried about you and would like to know what's up so I can help.*

The "Choking Game" is no game (from *Time* magazine, March 2018)

In what's called the "choking game" kids try to cut off their oxygen and blood supply to the brain, causing lightheadedness and a quick high. They often use a rope, rubber computer cord or their bare hands to get that

sensation. It's also called the pass out game, fainting game, blackout game, flat liner or space monkey, and for impressionable adolescents, it can be deadly. Even if it doesn't lead to accidental hanging or strangulation, it can lead to brain damage, broken bones, and other injuries.

The majority of choking deaths take place when kids are playing the game alone. The Center for Disease Control and Prevention says most of the deaths were boys and the riskiest age group is between 11 to 16 years. If you talk to your kids and they say they don't know about the game, educate them on what it is; that it's not a game and it can kill you. Irreversible brain damage can occur in as little as five minutes. Physicians say kids who play the game repeatedly can reach the point of having actual permanent brain death, which can be addictive, so they do it again and again.

Here are some warning signs parents should pay attention to:

- Suspicious marks on the side of the neck, sometimes hidden by clothing;
- Unexplained objects near the child or in his/her room like bungee cords, belts, leashes, etc.;
- Unusual demands for privacy;
- Changes in personality, such as being overly aggressive or agitated;
- Headaches, loss of concentration, flushed face, bloodshot eyes or other signs of eye stress.

This can be a hard message to spread when millions of videos referencing the Choking Game are easily accessible online, and kids continue to record these dangerous experiments. YouTube & Facebook are working to remove them, but there's nothing to stop them from posting new ones, so parents must be proactive.

Blue Whale game

Started by a man in Russia, this online "game" is reported to be responsible for more than 130 suicides. It seems to start innocently enough, then gets darker as gamers agree to cut themselves and ultimately commit suicide. Magazine article: <https://www.cosmopolitan.com/uk/reports/a20646406/blue-whale-suicide-game/>

13 Reasons Why TV show on Netflix (in its 3rd season)

13 Reasons Why is a show about a girl named Hannah who commits suicide and leaves 13 tapes for people in her life who were part of the reason why. "There is a great concern that I have that young people are going to over identify with Hannah in the series and we actually may see more suicides as a result of this television series," Dan Reidenberg, the executive director for Suicide Awareness Voices of Education, said back in April 2017. "I've heard from others that are really concerned because it's so sensational and so graphic that they're worried about the copycat effect of suicide." Reidenberg went on to explain that the media depiction of suicide has a huge effect on teens—and considering it's the second leading cause of death among the age group, the depiction of suicide in shows meant for a young audience should be handled with great care.

Nerve (a 2016 movie)

Movie description: Industrious high school senior, Vee Delmonico, has had it with living life on the sidelines. When pressured by friends to join the popular online game Nerve, Vee decides to sign up for just one dare in what seems like harmless fun. But as she finds herself caught up in the thrill of the adrenaline-fueled competition partnered with a mysterious stranger, the game begins to take a sinister turn with increasingly dangerous acts, leading her into a high stakes finale that will determine her entire future.

Rating: PG-13 for thematic material involving dangerous and risky behavior, some sexual content, language, drug content, drinking and nudity - all involving teens.